

## Isagenix Takes Cyclist to the Next Level

From Skeptic to Believer ~ Janet Olney, Baltimore, MD



The 2006 racing season promised to be exciting. I was invited to ride on the regional women's elite cycling team, ADG/Joe's Bike Shop. This was an opportunity to ride in national races along with the pros. It was a dream come true and I wanted to be in top form. I was looking for a way to get an edge. In January 2006, some cycling friends introduced me to a 9-Day Cleansing and Fat-Burning program. I was skeptical, extremely skeptical. I had never heard of the Isagenix company and the benefits of what the products could do seemed unreal. But I really wanted to get lean and mean for

spring so I decided to just do it! With three teammates under 30, I did not want to be the weak link.

My Isagenix "Cleansing and Fat Burning" system arrived and I got started right away. I have not looked back since. I lost 7 lbs on the 9-Day program and then continued with the "Maintenance for Life" program to lose another 7 lbs ~ that's two dress sizes! Not only did I lose body fat, I gained lean muscle. I was amazed with my increased strength, stamina and endurance on the bike. I marveled at how much my body changed. I felt more confident on and off the bike and excitedly anticipated the first spring races.

**I had my best racing season ever!** My achievements continually surprised my teammates, competitors and, most of all, me. My season began with a win at a regional race. Then I won two time trials, including the Mid-Atlantic Time Trial Championship where the closest female competitor was almost two minutes behind. Riding that 25 mile time trial course in under an hour, I would have placed in the top ten in all the men's fields, including the elite level. I climbed on the podium twice at USCF Master National Championships and finished in the top ten at 16 regional races. I held my own in National Pro races improving my placing at the four day Longsjo Classic Stage Race ~ more than thirty spots from the previous year. Wow! It hardly seems that I am writing about myself.

***I believe that the Ionix Supreme definitely helped me with quicker recovery time and more endurance and stamina. I felt like I'm competing at 10 years' younger.***

I start my day with a chocolate shake for a good nutritional foundation. I use Ionix Supreme morning and evening for stamina, energy and improved sleep. The secret to my success is the shake with a scoop of IsaPro after high-intensity workouts and competition. The 242 nutrients in the shake combined with the extra protein of the IsaPro is the perfect recovery drink. Using Isagenix products for recovery has been essential to my performance breakthrough this season.

This system can work for cyclists and athletes at **every** level. Whether you want to complete your first century or just want to have an easier time climbing hills, you can benefit from Isagenix health and wellness products. The products combine cutting-edge nutrition technology with a plan that is easy to follow. **Honestly, these products have been life-changing for me and I am passionate about sharing my success story with others.** At the age of 37, I never thought my accomplishments this year were possible. Isagenix took my cycling to the next level.

Janet Olney ~ Baltimore, MD